



School Bullying: Enough is Enough

John Coppens
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Introduction

Bullying has been around since Biblical times and has only increased. Research confirms that children and adolescents who are exposed to bullying are likely to be seriously affected by this experience in a number of ways.

- Bullied children tend to suffer from elevated levels of depression, anxiety, poor self esteem, social isolation, psychosomatic problems, and suicidal tendencies.

- Bullying in schools is taking its toll on millions of kids every day and, enough is enough.

- In this project, I look at prosocial movements which include techniques and methods to aid in intervention and prevention of grade school bullying.

CONTACT

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Research Question

Can bullying in schools be prevented using prosocial movements and how crucial are interventions in the process of eliminating cruel behaviors and hatred in children?

- First, I will be investigating what bullying is, who is the bully, and who is the victim?
- Second, I will identify and discuss the specific methods and techniques involved in attempts to decrease bullying through a prosocial approach.
- Third, I will ask what the interventions and preventions are, and how do they address and solve bullying in schools.

Background and Literature Review

Bullying in schools that is persistent, offensive, abusive, and intimidating includes insulting behavior or abuse of power that causes the victim to feel threatened, thus undermining the victim's self-confidence. Generally, there are two types of bullies: Physical and Verbal.

Physical, Aggressive constant touching Bullying (Direct): Hitting, Kicking, Tripping, Pinching, Pushing, Damaging Victim's Personal Property.

Verbal or Psychological Bullying (Indirect): Insults, Teasing, Homophobic or Racist Remarks, Lying & Spreading Rumors.

Consequences for the victim as defined by Ken Rigby: Bullying involves a desire to hurt + a harmful action + a power imbalance + repetition + an unjust use of power + evident enjoyment by the aggressor and generally a sense of being oppressed on the part of the victim.

Bully Labels: Exercise domination and control over weak.

Victim Labels: Passive, weak, or submissive.

Methods

There are models and techniques that help people to learn how to behave in part by observing how others behave.

- **The Negative State Relief Model:** Witnessing another individual's suffering and expressing empathy triggers a cognitive and emotional response—an individual gains value from peers and creates a more positive sense self by helping others. This relieves negative feelings.
- **The Cost Benefit Analysis:** An individual is more inclined to help others when their own outcomes from helping are positive. The principle works on the premise that moral reasoning affects moral behavior. Feeling emotionally and physically "safe", the bully expresses sympathy towards the victim.
- **Modeling:** Children learn how to behave in part by observing how others behave. Children who watched prosocial content had more positive interactions with others, exhibited more altruistic behavior, held fewer stereotypes, and were less aggressive (Mares & Woodard, 2005).
- **Mimicry:** People tend to mimic one another, developing a common way of interacting. This creates an understanding of how certain behaviors are acceptable and how others are not.

Expected Results

In a society with so many people, so many diverse cultures, we must as a people put our differences aside to function with respect and dignity towards one another by promoting prosocial behavior, changing school culture, also:

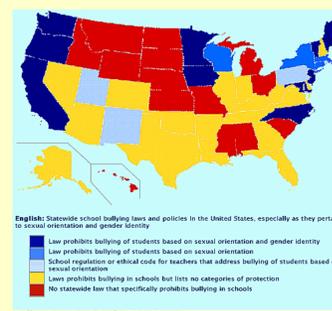
- Parent Involvement, Talking with Children
- Participation in Anti-Bullying Groups
- Educational Workshop, or a Violence Prevention Course in Curriculum
- Spoke persons, Facilitators of Anti-Bullying
- School Behavior Contracts
- Passing State Laws, Rules, Guidelines

Significance

Bullying draws a community together when people know what signs to look for and how to work together to resolve it. The more people are educated about the consequences of bullying, the easier it will be to overcome hatred and cruel behavior. Zero tolerance.

Future Research

Due to bullying beginning at a young age in schools and sometimes progressing into adulthood; my Senior Capstone Research Project will investigate bullying in the workplace.



- Know What to Look For**
Warning Signs a Child is Being Bullied
- Unexplainable injuries
 - Lost or destroyed belongings
 - Frequent headaches, stomach aches, feeling sick or faking illness
 - Change in eating habits
 - Difficulty sleeping or frequent nightmares
 - Declining grades or loss of interest in school
 - Sudden loss of friends or avoidance of social situations
 - Feelings of helplessness or decreased self-esteem
 - Self-destructive behaviors such as running away from home or talking about suicide
- [stopbullying.gov](http://www.stopbullying.gov)





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